

BOROUGH OF



COLCHESTER.

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# ANNUAL REPORT

OF THE

## MEDICAL OFFICER OF HEALTH

**W. F. CORFIELD,**

M.D., B.S., London ; M.R.C.S., England ; L.R.C.P., London ;  
D.P.H., Cambridge.

**MEDICAL OFFICER OF HEALTH ;**

**SCHOOL MEDICAL OFFICER ;**

**MEDICAL SUPERINTENDENT OF THE ISOLATION HOSPITAL  
AND SANATORIUM ;**

**AND TUBERCULOSIS OFFICER.**

**1938.**

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Colchester :

WILES AND SON LTD., TRINITY STREET



**BOROUGH OF**



**COLCHESTER.**

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**BOROUGH & PORT HEALTH COMMITTEE,  
1938-39.**

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**THE WORSHIPFUL THE MAYOR,  
COUNCILLOR H. H. FISHER, J.P.**

*Chairman :*

**ALDERMAN P. A. SANDERS, O.B.E., J.P., C.C.**

*Deputy-Chairman :*

**COUNCILLOR G. W. B. HAZELL, J.P.**

*Members :*

**COUNCILLOR W. ALLEN.**

**COUNCILLOR MRS. R. L. BENSUSAN-BUTT, M.D.**

**COUNCILLOR J. CHASE.**

**COUNCILLOR A. CRAIG.**

**COUNCILLOR S. E. HUNWICKE.**

**COUNCILLOR L. M. WORSNOP.**

*Maternity and Child Welfare Committee :*

**The Health Committee with the addition of**

**Mrs. W. W. TOWNSEND and Miss K. E. SANDERS, J.P., R.R.C.**

# THE HEALTH DEPARTMENT, 1938.

## *Medical Officer of Health, etc. :*

W. F. CORFIELD, M.D., B.S. (Lond.), D.P.H. (Camb.).

## *Assistant Medical Officer of Health, etc. :*

R. W. CUSHING, M.A., M.B., B.Ch. (Oxon).

## *Dental Surgeon :*

J. F. GODFREY, L.D.S., R.C.S.

## *Sanitary Inspectors :*

†\*A. FISHER.      †\*O. R. WARNER.      †\*C. J. JACOBI.      †\*R. F. KNOWLES.

† Sanitary Inspector's Certificate.      \* Meat Inspector's Certificate.

## *Health Nurses :*

\*††Miss E. R. SMITH.

\*Miss L. PEARSON.      \*††Miss M. PENNICK.

\*††Miss M. E. RICKARD.      \*††Miss A. H. WEBBER.

## *Municipal Midwives :*

\*MRS. L. J. BUNTING.      \*†Miss E. PRENTICE.

## *Clerks :*

R. D. SARGEANT, A.G.C.S.      MISS M. KITTLE.      MISS P. C. WALDRON.  
MISS M. NORMAN.      A. W. MILLBOURN.      W. B. WYNCOCK.      L. G. NICHOLLS.  
H. T. PERCIVAL.

## *Laboratory Assistant :*

R. D. SARGEANT.

## *Disinfecto<sup>r</sup> :*

H. EDWARDS.

## *Matron, Isolation Hospital and Sanatorium :*

\*†Miss D. COPELIN.

(Fever and Tuberculosis Nursing Certificates.)

## *Matron, Maternity Home :*

\*†Mrs. F. DENNIS.

\* Certified Midwife.      † State Registered Nurse.      ‡ Health Visitor's Certificate.

## *PART-TIME SPECIALISTS :*

### *Surgeon, Isolation Hospital :*

RONALD REID, F.R.C.S. (Eng.).

### *Orthopædic Surgeon :*

B. WHITCHURCH HOWELL, F.R.C.S. (Eng.).

## *X-Ray Specialist :*

J. ORD PENDER SMITH, M.B., Ch.B. (Edin.), D.M.R.E. (Camb.).

## *Medical Officer—Ante-Natal Clinic :*

Gwynedd HUGH-JONES, M.B., B.S. (Lond.), M.M.S.A.

## *Masscuse<sup>r</sup> :*

MISS D. DAWSON, M.E., L.E.T.

## *Veterinary Surgeon :*

C. T. MURPHY M.R.C.V.S.

## *Public Analyst :*

CHAS. A. HACKMAN, F.I.C.

HEALTH OFFICES,  
TRINITY STREET.

29th June, 1939.

*To the Mayor, Aldermen and Councillors  
of the Borough of Colchester.*

MR. MAYOR, LADIES AND GENTLEMEN,

I have the honour of presenting to you my Annual Report upon the Health and Sanitary circumstances of the Borough for the year 1938.

*Statistics.* All the statistical rates are very good. The Death Rate was 9.9 per 1,000 persons and the Birth Rate 15. The Infant Mortality Rate reached the remarkably low figure of 29.5 per 1,000 live births. This is the lowest ever recorded for Colchester. The Cancer rate has again fallen slightly.

*Infectious Diseases.* A full account is given on page 46 of the outbreak of Acute Infantile Paralysis. Colchester was lucky in escaping so lightly. No infectious diseases were prevalent at any period of the year.

*Isolation Hospital.* The new buildings at this hospital are now (June, 1939) well in hand. Every year emphasizes the need for them. In spite of the general scarcity of the notifiable Infectious Diseases during the past few years, the demands upon an Isolation Hospital to admit all kinds of infectious cases continue to increase.

*Maternity and Child Welfare Clinics.* The time has now arrived when the whole question of the Health and Welfare Clinics of the Borough should be reviewed. The present premises of the Ante-natal Clinic, School Clinic, Infant Welfare Clinic and Dental Clinic in Trinity Street are inadequate for the work they have to do. One of the most urgent needs is an increase in the amount of Dental Treatment given to Expectant Mothers and Toddlers. The one afternoon devoted to this work is now utterly inadequate. An Assistant Dental Surgeon is a necessity if the Dental work for the mothers and children is to be properly taken in hand.

*Maternity Home.* Discussions with the County Council have resulted in agreement about the enlargement of this Home and this will shortly be undertaken. Its reputation continues to be as high as before and the booking of cases remains at a high level.

The Chairman and members of the Health Committee and of the Maternity and Child Welfare Committee have assisted the work of the Department considerably by their great interest in everything connected with the health of the inhabitants of the Borough. I am indeed grateful for this and the consideration I have received from them throughout a year responsible for a multitude of new duties under A.R.P.

I cannot speak too highly of the way in which a number of additional duties have been undertaken by many of the Office Staff. The Hospital and Maternity Home Staffs expect times of pressure of work and times when work is not so heavy. The Office Staff, under ordinary circumstances, carries out a steady routine of duties throughout each week. But A.R.P. has altered all this and has thrown extra work upon everyone and it is very pleasant to be able to report that this has been most cheerfully and willingly undertaken by everyone. I tender them my best thanks for their able assistance.

I am, Mr. Mayor, Ladies and Gentlemen,

Your obedient servant,

W. F. CORFIELD,

*Medical Officer of Health, etc.*

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# Report of the Medical Officer of Health for the year 1938.

An "Ordinary Report" as defined in paragraph 2 of Circular 1728 of the Ministry of Health.

## NATURAL AND SOCIAL CONDITIONS.

Area (acres)	....	....	....	12,020
<b>Population</b> (1938 R.G. estimate)	....	....	....	51,900
,, (Census, 1931)	....	....	....	48,701
Number of Inhabited Houses (1931)	....	....	....	10,520
,,        ,,        ,, (1938) according to Rate Books	....	....	....	12,865
Number of Families or Separate Occupiers (1931)	....	....	....	11,071
Rateable Value	....	....	....	£348,864
Sum represented by a Penny Rate	....	....	....	£1,338

## Extracts from Vital Statistics of the Year.

Live Births	{	Legitimate	Male, 401	Female, 338	Total, 739
		Illegitimate	„ 22	„ 19	„ 41
<b>Birth Rate</b>	....	....	....	....	15.0
„ „ England and Wales			....	....	15.1
Still Births		Male, 12		Female, 10	Total, 22
Rate per 1,000 total births	....	....	....	....	27.4
Deaths	....	Male, 288		Female, 258	Total, 546
<b>Death Rate</b> per 1,000 of the population			crude		10.5
„ „ „ „ „ „			corrected		9.9
„ „ England and Wales			....	....	11.6
Percentage of total deaths occurring in Public Institutions	....	....	....	....	46.2
Number of Women dying in, or in consequence of, Child-birth—					
From Sepsis, 1.		From Other Causes, 1.			
Death Rate of Infants under one year of age per 1,000 live births—Legitimate, 31.1. Illegitimate, 0.0. Total, 29.5.					

Deaths from Cancer (all ages) ....	....	82
„ „ Measles (all ages) ....	....	—
„ „ Whooping Cough (all ages) ....	....	1
„ „ Diarrhoea (under 2 years) ....	....	—
Pulmonary Tuberculosis Death Rate ....	....	0.42
Other Tubercular Disease Death Rate ....	....	0.11
Cancer Death Rate ....	....	1.58

**Deaths of Colchester Residents of 70 years and over.**

70 and under 80	80 and under 90	90 and over	Total over 70
179	101	8	288

The ages of persons of 90 and over were—1 of 91, 2 of 92, 4 of 93, and 1 of 94; 6 of these persons were females, and 2 males.

**Garrison and Institutional Populations.**

Average Daily Strength of the Garrison ....	....	4,017
Officers, 164	Women, 507	
Other Ranks, 2,715	Children, 631	
Mental Hospitals Population ....	....	3,707
Severalls Mental Hospital (Inmates and Resident Staff) ....	2,370	
Royal Eastern Counties Institution and Colchester Branches ....	1,337	

The Military population has increased since the previous year by 10 and that of the Mental Hospitals has increased by 104.

**The Causes of Death in Infants and Children under 5 years, 1938.**

Cause of Death	Under 1 year	1—2 years	2—5 years	TOTALS
Diphtheria ... ... ...	...	...	1	1
Appendicitis ... ... ...	...	...	1	1
Whooping Cough ... ... ...	...	1	...	1
Heart Disease ... ... ...	1	...	...	1
Non-Pulmonary Tuberculosis ... ... ...	...	1	1	2
Pneumonia ... ... ...	6	1	2	9
Congenital Debility and Premature Birth ... ... ...	15	...	...	15
Bronchitis ... ... ...	1	1	...	2
Other Defined Causes ... ... ...	...	4	...	4
<b>TOTALS...</b> ...	<b>23</b>	<b>8</b>	<b>5</b>	<b>36</b>

The above table shows a remarkable improvement when compared with previous years. The fall in deaths from Congenital Debility and Premature Birth is very gratifying and on a previous page it will be noted that the Infantile Mortality Rate is the lowest ever recorded, being only 29.5 per 1,000 live births, and it will be seen that there were no deaths of illegitimate infants.

The General Death Rate remains satisfactorily low, being below 10 per 1,000 of the population and nearly two points below the death rate of England and Wales, 9.9 as compared with 11.6.

The Birth Rate is not quite so high as in 1938 but it remains better than it was some years ago.

Deaths from Cancer were slightly fewer, the rate having fallen from 1.66 to 1.58.

There were no deaths from Measles or Infantile Diarrhoea and only one from Whooping Cough.

The year's results show improvement in almost every direction, the one poor result is the death rate from "Other Tubercular Diseases." There was a disturbing increase in these diseases during the past year and there appears to be no good reason to account for this fact. However, neither Tuberculosis Death Rate can from any point of view be called high but it is vexing to find a death rate unexpectedly rising in this way without apparent cause when only twelve months ago the remarkable reduction in the number of deaths due to other forms of Tuberculosis was commented upon in this report.

#### VIOLENT DEATHS.

	Motor Accidents	Other Road Deaths	Other Violent Deaths	Total
Colchester Persons dying in Colchester	1	...	12	13
Colchester Persons dying elsewhere ...	3	...	1	4
Non-Residents injured in Colchester and dying in Colchester ...	1	...	9	10
Non-Residents injured elsewhere and dying in Colchester ...	8	1	3	12
Totals ... ...	13	1	25	39

It is interesting to find that deaths from motor accidents in and around Colchester have remained at almost the same figure, but apparently Colchester residents are quickly learning safety first methods on the highways as only 4 were killed by motor cars in 1938 as against 10 in 1937.

**Deaths of Colchester Residents, 1938.**

Cause of Death	Males	Females	TOTALS
Enteric Fever ...	...	...	
Measles ...	...	...	
Scarlet Fever ...	...	...	
Whooping Cough ...	...	1	1
Diphtheria ...	1	...	1
Influenza ...	1	...	1
Encephalitis Lethargica ...	...	1	1
Cerebro-spinal Fever ...	...	...	...
Tuberculosis of Respiratory System ...	14	8	22
Other Tuberculous Diseases ...	3	3	6
Cancer, Malignant Disease ...	41	41	82
Syphilis, &c. ...	1	...	1
General paralysis of the insane, tabes dorsalis ...	...	...	...
Diabetes ...	2	3	5
Cerebral Hæmorrhage, &c. ...	16	26	42
Heart Disease ...	77	106	183
Aneurysm ...	...	...	...
Other Circulatory Diseases ...	14	12	26
Bronchitis ...	6	8	14
Pneumonia (all forms) ...	17	6	23
Other Respiratory Diseases ...	7	1	8
Peptic Ulcer ...	9	8	12
Diarrhœa, &c. (under 2 years) ...	...	...	...
Appendicitis and Typhlitis ...	2	2	4
Cirrhosis of Liver ...	2	2	4
Diseases of Liver ...	1	1	2
Other Digestive Diseases ...	5	2	7
Acute and Chronic Nephritis ...	9	4	13
Puerperal Sepsis ...	...	1	1
Other Puerperal Causes ...	...	1	1
Senility ...	1	8	9
Congenital Debility and Malformation, Premature Birth ...	10	5	15
Suicide ...	3	3	6
Other deaths from Violence ...	8	3	11
Other Defined Diseases ...	36	7	43
Causes Ill-defined or Unknown ...	2	...	2
<b>Totals ...</b>	<b>288</b>	<b>258</b>	<b>546</b>

There were 5 more deaths than in 1937. Fewer deaths were caused by Influenza (from 26 to 1); other Digestive Diseases (16 to 7), but this is balanced by an increase from Peptic Ulcer (2 to 12). There was a reduction from Nephritis (20 to 13) and from Congenital Debility and Prematurity (23 to 15), and from Violent Deaths (27 to 11).

There were definite increases as a cause of deaths from—Cerebral Hæmorrhage, Heart Disease and Pneumonia.

**Birth Rate, Death Rate, and Analysis of Mortality during the year 1938.**

	Live Births.	Birth Rate per 1000 Total Population.	Annual Death Rate per 1000 Population.							Rate per 1000 Live Births.			
			All Causes.	Enteric Fever.	Small-pox.	Measles.	Scarlet Fever.	Whooping Cough.	Diphtheria.				
England and Wales	15.1	0.60	11.6	0.00	0.00	0.04	0.01	0.03	0.07	0.11	5.5	53	
126 County Boroughs and Great Towns, including London	15.0	0.65	11.7	0.00	0.00	0.05	0.01	0.03	0.07	0.10	7.8	57	
148 Smaller Towns	15.4	0.60	11.0	0.00	0.00	0.03	0.01	0.02	0.06	0.11	3.6	51	
London	...	13.4	0.48	11.4	0.00	0.00	0.06	0.01	0.03	0.05	0.06	13.1	57
Colchester Borough	15.0	0.42	9.9	0.00	0.00	0.00	0.00	0.02	0.02	0.02	0.0	29.5	

These figures for Colchester are the best that have ever been published when considered as a whole; the results are not only good but they are remarkable because there is not a bad figure among them.

## CLINICS AND TREATMENT CENTRES.

<i>Nature of Clinic.</i>	<i>Held at</i>	<i>Days and Hours.</i>	<i>Provided by</i>
Maternity and Child Welfare Clinics (4)	1 Health Offices, Trinity Street 2 Methodist School, Wimpole Road 3 Lexden Parish Hall, London Rd. 4 Congregational Hall, Harwich Rd.	Wed., 2-4.30 Mon., 2-4.30 1st and 3rd Mon., 2-4.30 1st and 3rd Tues., 2-4.30	Colchester Borough Council " " " "
Ante-Natal Clinic	Health Offices	Mon. & Fri., 2-4.30	"
School Clinic ...	"	Minor Ailments, Tues. & Fri., 2-4.30 Eye Clinic, Thurs., 9.30-4.30	"
Orthopædic Clinic	"	Once every three months	"
Orthopædic After-Care Clinic	"	Tues., 9.30-12	"
Dental Clinic ...	Trinity Street	School Children, daily, 9.30-4.30 except Fri., 2-4.30 Mat. & C.W. Cases, and Sat., 9.30-12 Gas Cases	"
Psychiatric Clinic	Essex County Hospital	Mon., 2.45-4.30	Essex County Hospital.
Women's Welfare Clinic	Health Offices	3rd Thurs., 10.30-12.30	Essex County Council.
Venereal Diseases Clinic	Essex County Hospital	Mon. evening & Wed. and Fri. afternoons	"
Tuberculosis Dispensary	Rebow Chambers, Shewell Road	Tues. and Thurs., 10.30-12.30	"

**Health Officers and Staff.**

One of the Municipal Midwives left early in the year and her place was taken by Nurse Prentice. Otherwise no changes have occurred.

The Staff of the Department is set out fully on page 2.

**Laboratory Facilities.***Health Offices Laboratory.*

Specimens Examined.	Results.		TOTAL. 1938.
	Positive or Abnormal.	Negative or Normal.	
Swabs for Diphtheria B.	33	590	623
Sputum for Tubercl B.	3	62	65
Milk for	1	6	7
Smear for Anthrax	—	2	2
Urine Examinations (various)	20	1,873	1,893
Smears for Gonococci or pus	—	4	4
Meat Specimens for Tubercl B.	—	1	1
Hair or Skin for Ringworm	5	—	5
Other Examinations	—	2	2
Town Water Supply Analysis	...	...	44
Other Water Supply Analysis	...	...	10
Bathing Pool	...	...	3
Total Specimens Examined	...	...	2,659

*County Laboratory.*

Specimen.	No. Examined.
Diphtheria	105
Sputa	260
Typhoid	142
Virulence Tests (Diphtheria)	...
Miscellaneous	81
Ringworm	6
Biological Examination of Milk	8
Water	3
Total ...	605

**Royal Eastern Counties Institution Research Laboratory.**

Specimen.	Positive.	Negative.	TOTAL.
Cerebral Spinal Fluid	35	10	45
Blood for Typhoid	2	1	3
Swabs for Haemolytic Streptococci	1	3	4
Total ...	38	14	52

The number of specimens examined in the Borough Laboratory is nearly the same as in 1937. The number examined in the County Laboratory increased by over 100, largely owing to an increase in the number of miscellaneous specimens and blood tests of workmen in the Water Works.

Arrangements were made during the year with the Royal Eastern Counties Institution authorities for certain specimens from the Isolation Hospital to be examined in their laboratory. A small table is given above showing the work done under this arrangement and during the Infantile Paralysis outbreak this laboratory was most useful.

#### **Ambulance Facilities.**

The ambulance services in the area are quite adequate for its needs.

There are two town ambulances in addition to the one for infectious diseases. They are in frequent demand, not only in Colchester but in the neighbouring districts.

There are agreements with all these county districts for a general sharing of Ambulances and to the effect that each Authority pays for the Ambulance it uses.

### **SANITARY CIRCUMSTANCES OF THE AREA.**

#### **Water, Drainage, Sewerage and Scavenging.**

**Water.** It is surprising to find that the consumption of water per head of the population has increased to 32.13 gallons per day, and the total water pumped to over 600,000,000 gallons per annum. Out of the latter figure, 43,000,000 gallons are supplied to the London North Eastern Railway Co.

In a number of directions the water mains have been extended and particularly in Rosebery Avenue, Littlebury Gardens, Cavendish Avenue, Spring Lane and Whaley Road. The total length of new mains was 1,431 yards, the total mileage of service mains now being 69 miles.

The water is supplied from the Balkerne and Lexden Boreholes and the Lexden and Sheepen Springs and Clarke's Meadow Springs. It is regularly analysed every month from all these sources and consistently found to be quite pure.

*Sewerage.* The reeonstruetion of the sewage disposal works is now well in hand. The works were old and ineapable of dealing with the inereased flow of sewage. The new works will have a much larger eapaeity and ample aeeommodation will be provided for the needs of the Borough for many years. The greater part of the old installation will be replaeed by a modern and more effieient system.

New pumping machinery will be installed and additional settling tanks and new filter beds are to be built together with a number of other improvements.

Numerous additions were made to the sewers during 1938. In Dugard Avenue a 24 inch sewer was laid and thanks to this, 33 cesspools were abolished in this road. Altogether 6,568 feet of new sewers were laid varying in diameter from 24 to 6 inches, also 420 feet of 9 inch sewer was relaid. In addition 1,916 feet of storm water drains were put in.

**Closest Accommodation and Wells.**

Type of Closet.	1936	1937	1938
Privy ...	35	34	34
Pail Closets ...	123	122	120
Cesspools ...	76	69	33
Wells ...	171	170	168

It will be noted that there has been a decided fall in the number of Cesspools in the Borough. This is owing to a number of houses now being drained by the new sewers.

The motor refuse collecting vehicles have greatly improved this somewhat insanitary but necessary proeceeding. Refuse is now collected more expeditiously and in a much more satisfactory way than in the days of the old horse-drawn carts.

The refuse is disposed of on one tip and dealt with by the Bradford System. This method continues to prove highly efficient.

The Counceil has had under eonsideration the "Dano" System of dealing with refuse. Under this system erude refuse is pulverised and reduced to a fertilizer suitable for agricultural purposes. There appear to be many advantages in this method but so far no definite eonclusion has been reaehed.

### Public Lavatories and Baths.

These are all frequently inspected and they are all invariably found to be well looked after, clean and tidily kept.

The new Lavatory at the bottom of East Hill has been built and no doubt is a useful addition to this part of the town.

The Culver Street Public Baths are in constant demand. During 1938 the number of persons using these baths was 17,111.

The attendance at the River Bathing Pool was not quite so good as in previous years. Several factors no doubt combined to bring this about but one of them certainly was the heavy growth of algae that grows in the water throughout the summer.

This whole question has received thorough investigation by the Parks Committee and the installation of a filtration plant is now only a matter of time.

There are no privately owned swimming baths or pools which are open to the public.

### Camping Sites.

There are no camping sites in the Borough.

### Sanitary Inspection.

*General Summary of Work carried out by Sanitary Inspector's Department under Public Health Acts, Housing Acts, Bye-laws, etc.*

Complaints received	....	....	....	301
Defects found	....	....	....	14,910
Defects remedied	....	....	....	17,449
Factories and Workshops inspected	....	....	....	51
Informal Notices served	....	....	....	457
Statutory Notices served	....	....	....	89

### Housing.

Floors repaired	....	....	....	588
Walls, internal repaired	....	....	....	1,618
,, external, repaired (air-bricks put in or repaired, 40)	....	....	....	2,688
Ceiling repaired	....	....	....	417

Doors—provided 29, new sills 107, weather-boards 79, repaired 1059, joints between frames and briekwork renewed 382	....	....	1,656
Windows—made to open 146, new or enlarged 81, eords, etc., provided 647, other repairs 1,773, joints between frames and briekwork renewed 536	....	....	3,183
Ovens—repaired 101, new provided 52	....	....	153
Firegrates repaired or renewed	....	....	426
Stairs—repaired 218, handrails provided 160	....	....	378
Rooms—eleansed	....	....	116
Roofs—repaired 507, renewed 4	....	....	511
Rain-water pipes and gutters—repaired or pro- vided—downpipes diseonnectioned 60	....	....	516
Chimneys—repaired or renewed	....	....	957
Food cupboards—ventilated 58, repaired 183	....	....	241
Wash-houses—repaired 425, new 10, eoppers pro- vided 51, eoppers repaired 149	....	....	635
Houses—damp walls remedied 1,311, new damp- proof eourses 15	....	....	1,326
Yards paved or repaired	....	....	289
Sinks—new 23, renewed 145; waste pipes—new 23, renewed 27, repaired 40	....	....	258
Coal plaees provided 4, repairs to 550	....	....	554
Cellars—repaired	....	....	11
Sculleries—rebuilt	....	....	2

### *Water Supply.*

Water taps—provided 26, renewed 2, repaired 1	....	....	29
New services put in	....	....	26
Serviee pipes repaired 7, renewed 36	....	....	43
Wells and Pumps, eleansed or repaired	....	....	2
Defects reported to Water Supply Department	....	....	10
Old Wells filled up	....	....	2
Samples taken for Analysis	....	....	9

### *Drainage.*

Houses drained to sewer	....	....	1
Drains provided or repaired, traps, gullies and ventilating shafts, repaired, etc.	....	....	379
Inspection ehambers— provided 10, repaired 9	....	....	19

Water-closets—provided 29, pans and traps and flushing apparatus provided or repaired, etc.,					
2,947	....	....	....	....	2,976
Pail Closets, abolished	....	....	....	....	2
,, new pails 1, repaired 2				....	3
Privies—abolished	....	....	....	....	—
Cesspits—cleansed —, repaired 2, abolished 1	....	....	....	....	3

*Other Sanitary Work.*

Books disinfected	....	....	....	....	81
Houses disinfected	....	....	....	....	205
Articles of clothing disinfected	....	....	....	....	11,374
Offensive accumulations removed	....	....	....	....	5
Pig-keeping nuisances abated	....	....	....	....	6
Other nuisances or matters attended to	....	....	....	....	13
Matters reported to Borough Engineer's Depart- ment	....	....	....	....	41
Matters reported to Housing Department	....	....	....	....	6
Dustbins provided	....	....	....	....	110
Ash-pits abolished	....	....	....	....	—
Common Lodging House inspections	....	....	....	....	10
Re-visits in connection with Sanitary Notices—					
P.H. Act, 1,396 ; H. Act, 3,575	....	....	....	....	4,971
Interviews with Property Owners, Tradesmen, etc.	....	....	....	....	783
Smoke nuisances abated	....	....	....	....	3
Urinals provided	....	....	....	....	—
Rent books put in order	....	....	....	....	182
Rooms closed informally	....	....	....	....	3

*Milk and Dairies Order.*

Requirements complied with	....	....	....	....	24
Samples for Bacteriological Analysis	....	....	....	....	8

*Offensive Trades Bye-laws.*

Requirements complied with	....	....	....	....	16
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*Bye-laws with respect to Tents, Vans, etc.*

Visits made	....	....	....	....	8
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*Bye-laws in respect to Houses let in Lodgings.*

Visits made	....	....	....	....	5
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*Rats and Mice (Destruction) Act.*

Inspections	....	....	112
Advice as to destruction given	....	....	17
Letters to Owners or Occupiers of premises	....	....	21
Premises freed	....	....	20
Complaints received	....	....	36

*Other Regulations.*

Requirements complied with	....	....	5
Essex County Council Act Contraventions	....	....	2

During 1937 the number of "Defects found," as noted in the second item in these tables, were 4,000 in excess of the number remedied. It will be seen above that this excess was very nearly completely overtaken in 1938.

Each year these tables represent an enormous amount of what might, in a number of instances, be called trivial work. But in the aggregate this work done by the Sanitary Inspectors not only brings comfort and health to numberless poor people but also prevents a very great amount of preventable sickness.

**Premises and Occupations controlled by Bye-laws and Regulations.**  
**Offensive Trades.**

			Number.	Inspections.
Fish Frier	...	...	25	57
Gut Scraper	...	...	1	8
Tallow Melter	...	...	1	1
Rag, Bone and Skin Dealer	...	...	6	6
Bone Boiler	...	...	1	1
 Total	...	...	34	73
 Horse Slaughterer	...	...	1	6

There have been no changes in these premises. During the year particular attention was given to the fish-frying businesses. All the various trades were carried on as cleanly and satisfactorily as could be desired. No complaints were received concerning any of them.

**Common Lodging Houses.**

63A East Hill.  
84 Magdalen Street.  
16 and 17 Vineyard Street.

The Common Lodging House at 128 Magdalen Street has now been discontinued. The other "Houses" are all well kept and conducted in an orderly manner. No complaints have been received concerning any of them.

**Eradication of Bed Bugs.**

Houses Infested—Council 13, Others 20	....	33
Houses Disinfested—Council 13, Others 20	....	33
Rooms Infested and Disinfested ....	....	92

The number of infested houses is a little lower than in 1937. There is no excuse to-day with the demolition of practically all the dirty old property in the town for the presence of bugs. It seems a pity that a Bye-law is not permissible under which the occupiers of new houses could be fined if their houses were found to be bug-infested.

Disinfestation was also carried out in two houses on account of fleas and in one case a house was fumigated because the inmate was found to be covered with lice. She herself was given disinfecting baths and thorough cleansing at St. Mary's Hospital.

The insecticide used for bug-infested houses is Zaldecide and Sulphur dioxide at the same time.

Bug-infested rooms are sprayed and the same routine carried out as was described in the annual report for 1937.

**Other Sanitary Conditions requiring Notice.**

*Schools.* The programme of the Education Committee for improving and, where necessary, enlarging the sanitary accommodation in the schools steadily progresses. The improvements at Canterbury Road and Old Heath Schools have brought these two schools up to modern requirements. Others are now well on the same way.

*Rag Flock Act, 1911 and 1928.* No Rag Flock is handled or manufactured in the district.

*Rats and Mice (Destruction) Act.* The poisoning and gassing of rats upon the refuse tips continues as in previous years. This, combined with the Bradford System of building the tip, has undoubtedly reduced the rat-population of the tips very considerably. Complaints of rats coming from the tips are now only very occasional.

*Shops Act, 1934.*

Shops inspected	....	....	....	29
„ re-inspected	....	....	....	15
Notices served	....	....	....	2
Defects found	....	....	....	4
Defects remedied—Heating 1, Sanitary accommodation —, Washing facilities —	....	....	....	1

Not so many inspections were carried out as in the previous year. It has been found that the requirements of the Act are being generally complied with. Few defects were found and these were of a minor nature.

**FACTORIES, WORKSHOPS AND WORKPLACES.****1.—Inspection of Factories, Workshops and Workplaces.**

Premises (1)	Number of		
	Inspections (2)	Written Notices (3)	Occupiers Prosecuted. (4)
Factories with mechanical power ...	35	6	...
Factories without mechanical power ...	16	2	...
*Other Premises under the Act (including works of building and engineering construction but not including out-workers' premises) ...	...	...	...
<b>Total</b> ...	<b>51</b>	<b>8</b>	...

\* Electrical Stations should be reckoned as Factories.

**2.—Defects found in Factories, Workshops and Workplaces.**

Particulars (1)	Number of Defects			Number of defects in respect of which Prose- cutions were instituted. (5)
	Found (2)	Remedied (3)	Referred to H.M. Inspector (4)	
Want of cleanliness (S. 1) ...	7	6	...	...
Overcrowding (S. 2) ...	...	...	...	...
Unreasonable temperature (S. 3) ...	1	...	1	...
Inadequate ventilation (S. 4) ...	1	1	...	...
Ineffective drainage of floors (S. 6) ...	...	...	...	...
Sanitary conveniences (S. 7)—				
Insufficient ...	...	...	...	...
Unsuitable or defective ...	8	5	...	...
Not separate for sexes ...	1	...	...	...
*Other offences ...	23	11	11	...
<b>Total</b> ...	<b>41</b>	<b>23</b>	<b>12</b>	...

\* Not including offences relating to Home Work or offences under the Sections mentioned in the Schedule to the Ministry of Health (Factories and Workshops Transfer of Powers) Order, 1921, and re-enacted in the Third Schedule to the Factories Act, 1937.

*Outwork in Unwholesome Premises, Section 111.*

Nature of Work. (1)	Instances. (2)	Notices served. (3)	Prosecutions. (4)
Wearing Apparel—Making, &c. ....	...	...	...
Total ....	...	...	...

*Home Work.**Outworkers' Lists. Section 110.*

Nature of Work.	Lists received from Employers twice a year.		
	Lists. (1)	Outworkers.	
		Contractors. (2)	Workmen. (3)
Wearing Apparel—Making, etc. ....	21	...	208
Furniture and Upholstery ....	2	...	...
Sack Making ... ....	...	...	...
Paper Receptacle Making ....	2	...	9
Total ....	25	...	217

In 1938 there were 21 lists of Outworkers, containing 148 names transferred from Colchester to other districts.

**HOUSING.***Statistics for the Year 1938.*

Number of New Houses erected during the year :—

(a) Total .... .... .... ....	393
(i.) By the Local Authority .... ....	41
(ii.) By other bodies or persons ....	352

The total number of houses owned by the Local Authority is now 1,242, situated as follows :—

North Ward 165	East Ward 575
South ,,, 252	West ,,, 250

## I.—*Inspection of Dwelling Houses.*

### Inspection :—

(1) Total number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts) .... .... ....	1,627
and Number of Inspections made .... .... ....	6,598
(2) Number of dwelling-houses (included under Sub-head (1) above) which were inspected and recorded under the Housing Consolidated Regulations, 1925 and 1932 .... .... ....	468
and Number of Inspections made .... .... ....	4,043
(3) Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation .... .... ....	19
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation .... .... ....	868

## II.—*Remedy of Defects without Service of Formal Notices.*

Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their officers .... .... ....	761
--	-----

## III.—*Action under Statutory Powers.*

### A. Proceedings under Sections 9, 10 and 16 of the Housing Act, 1936—

(1) Number of dwelling-houses in respect of which noticees were served requiring repairs .... .... ....	66
(2) Number of dwelling-houses which were rendered fit after service of formal notices :	
(a) by owners .... .... ....	49
(b) by Local Authority in default of owners .... .... ....	—

### B. Proceedings under Public Health Acts—

(1) Number of dwelling-houses in respect of which noticees were served requiring defects to be remedied .... .... ....	29
--	----

(2) Number of dwelling-houses in which defects were remedied after service of formal notices;					
(a) by owners .... .... ....	15				
(b) by Local Authority in default of owners .... .... ....	4				
C. Proceedings under Sections 11 and 13 of the Housing Act, 1936—					
(1) Number of dwelling-houses in respect of which Demolition Orders were made .... ....	14				
(2) Number of dwelling-houses demolished in pursuance of Demolition Orders .... ....	42				
D. Proceedings under Section 12 of the Housing Act, 1936—					
(1) Number of separate tenements or underground rooms in respect of which Closing Orders were made .... .... ....	—				
(2) Number of separate tenements or underground rooms of which Closing Orders were determined, the tenement or room having been rendered fit .... .... ....	—				
IV.— <i>Housing Act, 1936—Part IV.—Overcrowding.</i>					
(a) (i.) Number of dwellings overcrowded at end of year .... .... ....	66				
(ii.) Number of families dwelling therein ....	66				
(iii.) Number of persons dwelling therein ....	475				
(b) Number of new cases of overcrowding reported during the year ....	3				
(c) (i.) Number of cases of overcrowding relieved during the year .... ....	59				
(ii.) Number of persons concerned in such cases .... .... ....	397				
(d) Cases of houses again becoming overcrowded .... .... ....	nil				

The above figures speak for themselves and a glance over them shows the steady work of improvement that continuously goes on. The new powers that the Council has for dealing with overcrowding are of definite value and the original number (178) has now been much reduced. Alternative accommodation and high rents are the two chief difficulties in many cases.

## INSPECTION AND SUPERVISION OF FOOD.

Premises			Number	Inspections
<b>Slaughter-houses:—</b>				
Registered	...	...	9	1375
Licensed	...	...	6	
<b>Bakehouses</b>	...	...	32	19
Underground	...	...	1	
<b>Dairies and Milk Shops</b>	...	...	93	94
<b>Cowsheds</b>	...	...	51	72
<b>Ice Cream Shops</b>	...	...	152	34

The number of Dairies and Milk Shops has increased by 12, and the Ice Cream Shops by 16. The numbers of the other premises remain the same. Inspections are carried out throughout the year and the various businesses have been carried on in a proper and cleanly manner. No complaints have been received concerning any one of them.

## Bacteriological Purity of Milk.

	Satisfactory	Unsatisfactory
Samples taken by County Officers ....	83	6
"    "    Borough Officers	8	—

## Milk (Special Designations) Order, 1936 and 1938.

## Licences issued for sale of Graded Milk, 1938.

Pasteurised	...	....	....	....	11
Tuberculin Tested	...	....	....	....	4
Tuberculin Tested (Bottling)	...	....	....	....	1
Accredited (Bottling)	...	....	....	....	1
Pasteurised, Producer	...	....	....	....	2
Supplementary	...	....	....	....	1

## Meat.

## Carcasses Inspected and Condemned.

	Cattle excluding Cows.	Cows.	Calves.	Sheep and Lambs.	Pigs.
Number Killed (if known)	3826	6	172	10150	8940
Number Inspected	1698	6	8	2773	5119
All diseases except T.B.—					
Whole carcasses condemned	1	1	—	5	11
Carcasses of which some part or organ was condemned	56	—	—	6	50
Percentage of the number inspected affected with disease other than T.B.	3.4%	16.6%	—	4%	1.2%
T.B. only—					
Whole carcasses condemned	5	—	—	—	24
Carcasses of which some part or organ was condemned	60	1	—	—	319
Percentage of the number inspected affected with T.B.	3.8%	16.6%	—	—	6.7%

*Parts of Carcasses found Unfit and Destroyed.*

<i>Cattle—</i>	lbs.	<i>Pigs—</i>	lbs.
Livers .... ....	546	Heads and Tongues	2,655
Heads and Tongues	1,445	Mesenteries ....	158
Mesenteries .... ....	25	Plucks .... ....	777
Lungs .... ....	172	Lungs .... ....	30
Plucks .... ....	8	Livers .... ....	130
Kidneys .... ....	—	Kidneys .... ....	14
Beef .... ....	75	Spleens .... ....	5
Other parts .... ....	785	Other parts .... ....	210
	3,056		3,979

*Miscellaneous—*

Tinned Tongue (3 tins)	....	....	8 lbs.
Cooked Ham (4 tins)	....	....	57 lbs.
Sheep's Liver	....	....	— lbs.
Sheep's Plueks	....	....	27 lbs.
Sheep : Other parts	....	....	14 lbs.
Salmon (2 tins)	....	....	— lbs.
Apples .... ....	....	....	149 lbs.
Plums (117 tins)	....	....	— lbs.
Fish .... ....	....	....	197 lbs.

Total Weight of Food Condemned and Destroyed :  
7 tons, 8 cwts., 2 qtrs., 17 lbs.

During the year 294 visits and inspections were made to places where food was stored or prepared.

It is worth while summarizing the particulars of Meat Inspection carried out in the Borough.

The 4 Sanitary Inspectors, who are all also qualified Meat Inspectors, paid 1,375 visits to the 15 slaughter-houses in the Borough during the year. They examined 1,712 cattle, 2,773 sheep and 5,119 pigs, and condemned 47 whole carcasses and 492 parts of carcasses, condemnation being very largely on account of Tuberculosis. The total weight of food condemned and destroyed was nearly 7½ tons.

This short summary shows the great amount of necessary work carried out in this direction by the Sanitary Inspectors. The co-operation of the butchers is most helpful and every assistance is given by the meat traders in Colchester in this very necessary work.

**Foods and Drugs (Adulteration) Act, 1928.**

The arrangements for Sampling by the Sanitary Inspectors have worked smoothly and well. No difficulties have arisen and no complaints have been received.

*Results of Analysis of Samples taken under the Food and Drugs Act.*

Samples.	Number of Samples.	Adulterated.	Nature of Adulteration.	
New Milk ...	50	16	(a) Fat deficient	= 4%
Pasteurised Milk ...	3		(a) " "	= 8%
Skimmed Milk ...	1		(a) " "	= 19%
Lard ...	5		(a) " "	= 2%
Cheese ...	4		(a) " "	= 20%
Lobster Paste ...	2		(a) " "	= 2%
Tinned Peas ...	1		(a) " "	= 4%
Tinned Beans ...	1		(a) Added water	= 2·5%
Sweets ...	2		(b) Fat deficient	= 5%
Tea ...	3		(b) " "	= 16%
Margarine ...	3		(b) " "	= 2%
Mustard ...	1		(b) " "	= 27%
Olive Oil ...	1		(b) " "	= 21%
Tinned Cream ...	1		(c) " "	= 1%
Cocoa ...	2		(c) " "	= 8%
Rice ...	1		(c) " "	= 1%
Cod Liver Oil ...	1			
Tincture of Iodine ...	1		(a) Original Samples.	
Lemon Curd ...	2		(b) Course of delivery	
Potted Ham and Tongue ...	1			Samples.
Bacon ...	1			(c) Farm Samples.
Sausages ...	4			
White Pepper ...	1			
Butter ...	8			
Salmon Luncheon Roll ...	1			
Sardine and Tomato Paste ...	1			
Ground Ginger ...	1			
Ground Almonds ...	2			
Condensed Milk ...	1			
Strawberry Jam ...	1			
Salmon and Shrimp Paste ...	2			
Tapioca ...	1			
Beer ...	2			
Meat Pie ...	1			
Dried Fruits ...	2			
Sugar ...	1			
Tinned Herrings ...	1			
Tinned Sild ...	1			
Anchovy Paste ...	1			
Whiskey ...	1			
Gin ...	1			
Rum ...	1			
Bread ...	1			
	123	16		

In three cases the farmers or vendors were warned that the milk they were supplying was not up to standard. It appeared likely that insufficient mixing was the cause of high

Fat Deficiency figures at certain farms where machine milking was undertaken, because a further sample, that was properly mixed, gave a much improved result of analysis.

### NUTRITION.

The steps taken to increase the knowledge of the public upon this subject were set out in the Report for 1937.

### SHELL-FISH.

Full information concerning the Colne Oyster Beds was given in the last Annual Report.

No action has been taken under the Public Health (Shell-Fish) Regulations, 1934, or the Public Health (Cleansing of Shell-Fish) Act, 1932.

### MATERNITY AND CHILD WELFARE.

*Visits paid to Infants by the Health Nurses during the year.*

Under 1 month	1—3 months	3—6 months	6—12 months	1—2 years	2—5 years	Total Visits
665	905	1,161	1,910	2,544	4,564	11,749

The number of visits by the Nurses has increased by over 500. This was due to less illness in the Nursing Staff and the fact that as cases of the minor infectious diseases were less in number, the Nurses were able to devote more time to infant visiting.

#### The Infant Clinics.

1937 1938

\*Number of new babies (353) and toddlers (71) brought to the Clinics: Trinity Street 200 babies, 39 toddlers; Wimpole Road 87 babies, 13 toddlers; Lexden 26 babies, 14 toddlers; Harwich Road 40 babies, 5 toddlers .... 436 424

Number of Attendances made : Trinity Street 3,734, Wimpole Road 2,143, Lexden 724, Harwich Road 763 .... .... .... 8,075 7,364

\* Babies are under 1 year old; Toddlers are 1-5 years old.

The total numbers are somewhat less, but not seriously so, and it is gratifying to find that the Harwich Road Clinic has doubled its attendance of babies and toddlers. This has not reacted upon the Trinity Street Clinic as might have been expected, as the latter increased its number of babies attending by 20. There was some falling off of babies at both Wimpole Road and Lexden Clinics. Some of the absentees from these clinics no doubt went to Trinity Street instead.

Attention has in previous annual reports been drawn to the fact that the Trinity Street Clinic is inadequate in size for dealing with the large number of mothers and children attending. It was hoped that the Harwich Road Clinic would relieve Trinity Street but this has not proved to be the case as the latter clinic is back to the same figure as in 1936, and the Harwich Road Clinic accounts for 40 babies in addition to those attending at Trinity Street.

One of the difficulties at Trinity Street was the congestion of perambulators. This has been very successfully met by the construction of a doorway through the wall of a large corrugated-iron building adjoining the Health Offices and by railing off a space in this building for the prams.

In connection with the garrison, a very good Infant Welfare Clinic is carried on by a number of the wives of officers of the garrison. A large number of soldiers' wives attend this clinic with their children, and in 1938 the number of attendances of babies was 1,650, and of toddlers, 900.

If these figures are added to those of the town clinics one arrives at a total of 10,625 attendances by both babies and toddlers at all the clinics.

**Food distributed at the Infant Clinics.**

		Sold at Cost	Price.	Given Free.
Dried Milk, lbs.	....	4,352		423
Cod Liver Oil Emulsion, 8 oz.	....	1,285		6
Parish's Food, 8 oz.	....	131		—
Cod Liver Oil and Malt, lbs.	....	490		4
Virol, 8 oz.	....	1,106		8
Ovaltine, tins	....	1,275		—
Lactagol, packets	....	193		3
Feeding Bottles	....	141		—
,, Teats 509, Valves	299	808		2
Tooth Brushes	....	177		—
Horlick's Malted Milk	....	196		—
Liquid Medicinal Paraffin	....	39		—

Although there was a small increase of 200 lbs. of dried milk sold at the clinic there was a falling off of over 400 lbs. in the amount given free, but in the next table it may be seen that the amount of Free Fresh Milk supplied is more than in the previous year, which was a record year for the amount of fresh milk supplied free. Thus it would appear that these two methods of supplying milk at once react upon one another, and if this is so the need for these supplies is being completely met and every needful case is being catered for.

Over double the usual quantity of malt and cod liver oil was sold. This is because a 2 lbs. carton was introduced in place of a 1 lb. jar, the cost per pound being cheaper. This change was much appreciated. There is little change in the other figures from the normal returns.

At the Garrison Infant Welfare Clinic 2,400 pints of fresh milk were supplied and 576 lbs. of dried milk.

Thus the actual total amount of milk supplied to mothers and children by the Welfare Clinics in the Borough was 16,323 pints of fresh milk and 5,351 lbs. of dried milk. The greater part of the latter was sold at cost price, all the former was supplied free.

**Milk (Mothers and Children) Order, 1919.**

		1937	1938
Number of families supplied with Free			
Fresh Milk	....	121	117
Number of pints supplied to children	....	13,217	13,116
Number of pints supplied to expectant			
mothers	....	671	807
Total number of pints supplied	....	13,888	13,923

**Ante-natal Clinic.**

		1937	1938
Number of times the Clinic was held	....	99	99
New Patients (Colchester 206, Other Dis-			
tricts 56)	....	241	262
Number of Attendances (Colchester 1,437,			
Other Districts 313)	....	1,502	1,750
Average number of cases per Clinic	....	15	18
Cases with Abnormal Conditions on first			
visit	....	40	25

Abnormal Conditions discovered subsequently	....	....	....	62	86
Cases referred to their own doctors	....	....	34	25	
Cases recommended to Institutions	....	....	27	22	
Post-natal cases seen (Colchester 20, Other Districts 3)	....	....	....	—	23
Number of Attendances (Colchester 24, Other Districts 4)	....	....	....	—	28

This Clinic does an immense amount of good work and definitely fills a want. The number of the attendances and of the patients steadily increases every year. The accommodation now is quite inadequate and even if the women are no longer allowed to attend from the neighbouring districts (which would be a distinct hardship to many of them), the accommodation could not be considered satisfactory. There is no separate waiting-room, the nurse's room is too small, the facilities for urine testing are inconvenient, the dressing-rooms are poor and there is no separate lavatory.

The Military Hospital has an Ante-natal Clinic of its own and 143 women made 850 attendances there. In addition 71 women made 97 post-natal visits to this clinic.

#### **Women's Welfare Clinic.**

Number of times the Clinic was held	....	....	....	12
New Cases from Colchester	....	....	....	20
Number of Attendances (Colchester 75, Other Districts 49)	....	....	....	124

There has been a decided increase (from 26 to 49) in the number of attendances of women at this clinic from the neighbouring districts.

It will be apparent to anyone studying this report that in a number of directions Colchester is the centre to which persons come who are seeking advice at municipal clinics of one sort or another.

The tendency to seek advice at these clinics has been upon the increase during recent years, and it must be realized that the tendency is likely to increase.

When the present Clinics were originally built the work of Municipal Clinics was in its infancy and they appeared

quite capable of dealing with the local population for a number of years. Even for this they are now inadequate, and when, in addition to local cases, a number of patients attend from the surrounding Country areas, the overcrowding and insufficiency at some of the Clinics become extreme.

This is not yet the case in the Women's Welfare Clinic but is only too true of the Ante-natal and Infant Welfare Clinics and the same can be said of the School Clinics in the adjoining building.

The Borough Council has had in view the enlargement and extension of the Clinics for some time. It is very desirable that the matter should be taken in hand forthwith, and when this is done the use made of these Clinics by neighbouring County Districts should be borne in mind.

<b>Orthopædic Clinic.</b>	1936	1937	1938
Pre-school children brought to the Clinic	15	36	24
Attendances made ....	22	52	32

There was an unexpected increase in the number of toddlers seen in this Clinic in 1937, but during 1938 the figures have again fallen to normal. The crippling conditions found were very much as usual and the table below enumerates them.

Congenital Scoliosis ....	....	....	1
Rickets, Flat Feet, or Bowed Legs ....	....	....	18
Club Foot ....	....	....	2
Paralysis ....	....	....	1
Wry Neck ....	....	....	1
Congenital dislocation of hip ....	....	....	1

Three children were sent to hospital for crippling conditions. One with Congenital Hip Disease is still in hospital. The two others were successfully operated upon and were discharged from hospital much improved.

<b>Orthopædic Massage Clinic.</b>	1937	1938
Number of times the Massage Clinic was open ....	52	67
Attendances of Pre-school Children ....	126	153
,,      ,, School Children ....	274	309
,,      ,, Children from County Districts	177	231

It will be noticed that children from neighbouring districts also attend this Clinic and that the number of attendances

are upon the increase all round. The Clinic is supposed to be held once a week, and it is at once apparent that this during the past year was insufficient to deal with the cases and that a number of extra Clinic days had to be arranged.

If the County Council were to erect a new series of Clinics for County cases only, the Borough Clinics would be much relieved. But at present there is no justification for this and it is difficult to imagine that the somewhat sparsely populated rural areas around Colchester would ever supply sufficient patients for a separate County Clinic.

What is required is a set of good modern Clinics for the use of both Borough patients and patients from the neighbouring districts.

<b>Dental Clinic.</b>		1937	1938
Number of sessions held	....	42	44
Mothers attending	....	51	56
Pre-school Children attending	....	23	18
Attendances (mothers 193, children 35)	....	224	228

#### *Result of Treatment.*

Teeth filled (temporary 22, permanent 102)	....	124
„ extracted (temporary 11, permanent 114)	....	125
Other operations (Scaling, Dressing, Fitting Dentures, etc.)	....	164
General Anæsthetics given	....	24

Patients recommended for extractions under Gas attend the Clinic on Monday afternoons.

The School Dental Surgeon devotes one afternoon each week to the treatment of expectant mothers and children under school age.

The above returns are very much as usual and the surgeon's time is fully occupied. There can be little doubt that if more time were available a good deal more of this very important dental work could be undertaken.

An extract from the Dental Surgeon's Report is given below :—

“ The absence of any adequate and general Dental Scheme for the inspection and treatment of the pre-school child is a

matter for very great regret. So often on examining the mouths of children in the youngest age groups, although they may be only four or five years old, temporary molar teeth are found decayed beyond repair and very often septic as well. The treatment of the grossly septic mouth of the average four or five year old child of poor physique and low vitality, where several teeth are involved, is not an easy one in the average school Dental Clinic. Fortunately, in these very young groups one finds a considerable percentage of sound mouths and mouths where decay is only slight.

"An adequate and efficient scheme for the examination and treatment of the 'Toddler' of pre-school age, after the completion of eruption of the temporary dentition and before the teeth suffer gross decay and the child pain, together with the continuity of similar treatment as a school child, would practically eliminate the dreadful condition of generalised decay and sepsis so often seen in the mouth of the pre-school and young school child. In this way the general health of the child would be improved, the resistance to infections of various kinds would be increased and he or she would make a happier and better scholar."

#### **Midwives.**

Midwives practising in the Borough at end of year .... 27  
 Medical Aid Notices received from Midwives  
 (Borough 194, County 40) 234

Compensation to Midwives, times granted .... 6

The arrangements made under the Midwives Act, 1936, that were described in the Annual Report for 1937 have continued without alteration and have proved satisfactory.

The number of births attended by the Midwives are given below :—

<b>Midwives Act, 1936.</b>	<b>As Midwives</b>	<b>As Maternity Nurses</b>
Births attended by the 2 Municipal Midwives .... ....	30	14
Births attended by the District Nursing Assoc. Midwives ....	134	16
Births attended by Private Midwives ....	178	57
Births attended in Institutions ....	210	329

The number of patients looked after by the two Municipal Midwives is very low. But both are new to the district and there is good reason to think that their cases will increase as they become better known.

<b>Births attended by Midwives in Institutions.</b>		<b>As Midwives</b>	<b>As Maternity Nurses</b>
The Maternity Home	....	.... 183	160
St. Mary's Hospital	....	.... 27	—
Military Hospital	....	.... —	123
Essex County Hospital	....	.... —	26
The Nursing Home	....	.... —	20
		<b>Total 210</b>	<b>329</b>

Compensation was granted to Midwives upon six occasions during the year. Four, owing to their patients having been recommended at the Ante-natal Clinic for institutional treatment, and two, when they were suspended from practice for short periods, owing to contact with infection.

#### **Emergency Unit.**

As a result of consultation with the medical practitioners of the district an Emergency Unit came into being. At the meeting six doctors were elected to serve upon the Unit and each of them undertook to act as a consultant in any case of difficult midwifery.

The Scheme has worked well and smoothly, though during 1938 has only been employed in one case of difficult labour with a completely satisfactory result.

This case occurred in a county district near Colchester and the services of the Unit were available, as, soon after its inception, the County Council asked that the benefits of the Emergency Unit should, if possible, be extended to the neighbouring County areas, and this was arranged.

The system is very simple. If any doctor is in difficulties with a midwifery case and requires the assistance of the Unit, he telephones or sends a message to the Matron of the Maternity Home giving particulars of the case. She at once warns a nurse to get ready and then telephones to the consultant on duty. He picks up in his car the nurse and a drum

of sterile dressings, instruments, etc., and they proceed forthwith to the ease.

During the year one of the consultant-doctors left Colchester, so now there are five names on the rota.

**Register of Foster Mothers and Boarded-Out Children.**

*Part I Children Act, 1908, as amended by Part V of the Children and Young Persons Act, 1932.* 1937 1938

Children on Register 31st December	....	48	44
Names removed from the Register	....	26	32
Additions during the year	....	24	28
Foster Mothers on Register	....	35	36

The figures in this Register remain now fairly constant, and this does not in any way indicate the amount of work involved in keeping the Register correct. Alterations are continuously taking place, and each year about fifty changes of registration occur in addition to the fresh entries.

Children boarded-out by the Education Committee are regularly examined every quarter in the School Clinic, and the homes of all the children are frequently visited by the Health Nurses.

Sometimes enquiries are made by Societies interested in children as to the suitability of a home for an adopted child. Upon four occasions confidential reports were made for this purpose.

**Puerperal Pyrexia.**

Borough Cases Notified, 9; not notified, nil	....	9
Removed to Isolation Hospital—		
Borough Cases, 5; Outside District Cases, 4	....	9
Deaths in Isolation Hospital: Borough, nil; Outside Districts, nil	....	nil
Deaths at home or in other Institutions (Borough)	....	nil

It is satisfactory to be able to report that the majority of the above cases were very slight. Satisfaction is expressed because the sooner it becomes a matter of course, and not as it used to be, a matter of possible discredit, for a case of puerperal rise of temperature to be notified, the better. In this way many cases of little or no importance will get notified but the serious case will not be missed.

Several of the patients admitted to the Isolation Hospital were septic cases, but all responded well to treatment and were cured. One case was notified from the Borough Maternity Home but the rise of temperature was known to be due to an infection of the kidney and she was removed to the Essex County Hospital. One case occurred in the Military Hospital and another in the Essex County Hospital.

#### **Ophthalmia Neonatorum.**

An unusually large number of cases (5) of this disease were reported during the year. One baby with this condition of the eyes was admitted to the Isolation Hospital with its mother, who was suffering from Puerperal Pyrexia.

All the children received thorough treatment and at the end of the year all had recovered without damage to the sight.

#### **Pemphigus Neonatorum.**

A baby was notified with this disease and both mother and child were at once removed to the Isolation Hospital and the Midwife suspended from practice. Unfortunately, a neighbour's baby who had the same Midwife in attendance contracted the disease also, and again both mother and child were isolated.

The condition responded well to treatment and after a fortnight both infants were completely clear and the mothers and children were allowed to return home.

#### **Maternity and Nursing Homes.**

Applications for Registration ....	....	....	—
Number of Homes Registered ....	....	....	2
Orders made Refusing or Cancelling Registration	....	....	—
Applications for Exemption from Registration	....	....	—

No changes have occurred in these Homes. Both are regularly inspected and well conducted. The larger one has had a number of improvements carried out since it changed hands.

The Birth Notification Register is of constant use for noting where births take place. A few years ago it was noticed that a nurse (not a certified midwife) had 3 births in her house within two years. They were all attended by the same doctor.

Enquiries were made and she was visited and warned that she must apply to be registered if she wished to keep a Nursing Home. The house was quite unsuitable and she undertook to receive no more cases.

Similarly Death Registrations may indicate that a house is being used as a Home for infirm or aged persons, and comparatively recently a person was stopped from receiving chronic cases of illness in her home, her advertisement in the local papers having led to enquiries being made from the Health Department.

Occasionally it may happen that the Health Nurses will hear of a house being used as a Nursing Home. They would at once report such an occurrence.

In these various ways the presence of an unregistered Nursing Home is soon discovered.

### BOROUGH MATERNITY HOME.

Work of the Home.	1937	1938
Admitted: Borough Patients 229, from County Council Area 112, from Harwich 5, Private outside district cases 3 .... .... 296 349		
Delivered in the Home .... .... 295 343		
Admitted for Ante-natal Care only .... 3 11		
Delivered by the Nursing Staff .... .... 220 183		
"      " Doctors .... .... 75 160		
Forms sent for Medical Aid under the Midwives Acts .... .... 77 113		

Still the number of patients admitted to this Home rises and the fame of the excellent service rendered by the Home spreads.

One of the great dangers of a small Maternity Home became very apparent during the year and the overcrowding of cases was only avoided by strictly limiting bookings so that towards the end of the year a number of applications had to be refused. The resulting disappointment, and in some cases indignation, could not be helped. The risk of infection to all the patients in a Home is very greatly increased, even in the most perfectly conducted Home, should overcrowding be permitted.

Complete plans for enlarging the Home were prepared, and at the end of the year negotiations were in progress with the Essex County Council with a view to that body participating in the cost of the additions and alterations.

These plans provided for additional bedrooms to be added to the Nurses' home, accommodation for fifteen more patients in the Home, two more isolation rooms as well as enlarged accommodation for the labour wards, nurseries, kitchen, etc. In fact the institution will be a highly-equipped, up-to-date Maternity Home if the present plans are carried out.

All through the year the work of the permanent staff has not only been most efficient but it has been cheerfully carried on under difficulties brought about by the great and apparently increasing difficulty of getting well-trained capable midwives. The general shortage of nurses is no doubt severely affecting the work in all institutions where nurses are employed, but upon small homes and hospitals the shortage probably weighs more heavily than upon the larger ones. The Borough Maternity Home staff have most creditably given up many hours of off-duty time so that the patients should not suffer.

**Fees paid by Borough Patients in the Maternity Home.**

No. of Patients 229	Amount paid per day.														
	3/-	4/-	5/-	5/6	6/-	6/6	7/-	7/6	8/-	8/6	9/-	9/6	10/-	12/-	15/-
	11	11	36	2	29	45	2	31	2	14	2	1	9	3	31

In previous reports it has been explained that patients pay for accommodation strictly upon an income basis. The system has worked well and all County patients are assessed in the same way as the Borough patients. Harwich Borough patients are not assessed in Colchester. These are dealt with directly by the Harwich local authority.

At the end of the year, owing to changes in the staff, it was arranged that all booking of beds should be done in the Maternity Home. This change has worked well and smoothly and has given the Matron of the Home some much needed clerical assistance.

One case of Puerperal Pyrexia occurred in the Home. This case was due to *Bacillus Coli* infection. When discharged, she was admitted to the Essex County Hospital where she died six weeks after the birth of her baby.

#### Abnormalities.

Abnormal Presentation: Breech 14, Persistent Occipito-posterior 3, Face 1, Transverse 2, Prolapsed Cord 1	21
Twins .... .... .... .... ....	5
Stillbirths .... .... .... .... ....	12
Premature Births .... .... .... .... ....	22
Post-mature Births .... .... .... .... ....	2
Forceps Delivery .... .... .... .... ....	40
Eclampsia .... .... .... .... ....	2
Induction of Labour .... .... .... .... ....	13
Albuminuria .... .... .... .... ....	13
Cæsarian Section performed .... .... .... .... ....	15
Ante-partum Hæmorrhage .... .... .... .... ....	6
Emergency Cases .... .... .... .... ....	29
Placenta Prævia .... .... .... .... ....	6
Spina Bifida .... .... .... .... ....	2
Post-partum Hæmorrhage .... .... .... .... ....	2
Hydrocephalus .... .... .... .... ....	1

Although this looks a formidable list of abnormalities, when it is looked at more closely it will be seen that a number of the headings, such as twins, premature or post-mature births are not in the majority of cases in any sense of the word dangerous abnormalities.

But it is important to note that 29 Emergency Cases were admitted and it is reasonable to surmise that some of these and certain others were cases in which the patient's condition was serious and perhaps even dangerous to life. It has happened that an emergency case was almost moribund when admitted.

It therefore speaks most highly for the treatment given in the Home that only one maternal death occurred in 1938 and none in 1937. This one death was due to Eclampsia in an emergency case.

There were 10 baby deaths—7 of these were due to Prematurity and 1 each was due to Asphyxia, Spina Bifida and Congenital Stricture of the Oesophagus.

## PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

**Notifiable Diseases (other than Tuberculosis) during the  
Year 1938.**

(Civilian and Military Cases.)

Disease	...	Total Cases Notified	Total Cases in Age Groups											Cases admitted to Hospital		
			Under 1 Year		1	2	3	4	5-9	10-14	15-19	20-34	35-44	45-64		
Small Pox	...	—	—	—	—	—	—	—	—	—	—	—	—	—	—	
Scarlet Fever	...	119	—	3	3	2	10	40	17	18	22	4	—	—	113	
Diphtheria	...	26	—	1	—	2	2	6	6	2	6	—	—	—	1	25
Enteric Fever (including Paratyphoid)	...	3	—	—	—	—	—	—	—	—	1	—	2	—	3	
Puerperal Pyrexia	...	9	—	—	—	—	—	—	—	1	7	1	—	—	5	
Pneumonia	...	66	3	5	3	1	2	8	2	4	7	8	13	10	1	

### *Other Diseases Generally Notifiable.*

Malaria	...	11	—	—	—	—	—	—	—	10	1	—	—	—
Erysipelas	...	18	—	—	—	—	—	—	—	1	1	3	10	<b>3</b>
Ophthalmia	...	5	5	—	—	—	—	—	—	—	—	—	—	1
Neonatorum	...													
Acute Anterior	...	13	3	—	—	1	6	1	—	2	—	—	—	10
Poliomyelitis	...													
Cerebro-Spinal	...	1	—	—	—	—	—	—	—	1	—	—	—	1
Meningitis	...													
Dysentery	...	72	—	—	1	1	1	17	4	13	12	11	10	2

#### *Other Diseases Notifiable Locally.*

## Deaths due to an Infectious Disease, 1938.

(Civilian and Military.)

Disease	Total Deaths	Under 1 Year	Age at Death										
			1	2	3	4	5-9	10-14	15-19	20-34	35-44	45-64	65 and over
Diphtheria	1	...	...	...	1	...	...	...	...	...	...	...	
Whooping Cough	1	...	1	...	...	...	...	...	...	...	...	...	
Pneumonia	57	5	1	1	1	...	1	1	4	6	2	14	21
Dysentery	1	...	...	...	...	...	...	...	...	...	1	...	
Erysipelas	3	...	...	...	...	...	...	...	...	...	2	1	
Encephalitis	1	...	...	...	...	...	...	...	...	1	...	...	
Lethargica	1	...	...	...	...	...	...	...	...	...	...	...	
Acute Anterior Poliomyelitis	1	...	1	...	...	...	...	...	...	...	...	...	

The above figures differ in a number of ways from those of the previous year. The Measles epidemic ended and only 10 cases were notified and no deaths occurred. Scarlet Fever was somewhat more prevalent but never in epidemic or severe form.

There was a surprising rise in the number of cases of Dysentery notified. Usually a few cases are reported from the Mental Hospitals and from the Military Hospital, but in 1938 a number of mild cases of Dysentery were notified. Though bacteriological examination was only carried out in a few instances it may be concluded that the increase of cases was due to Sonne's Dysentery which has recently been reported in other parts of the country, and which in the great majority of cases is a mild disease.

The other disease which showed an unwelcome increase of cases was Acute Anterior Poliomyelitis (Infantile Paralysis). Further details of this small outbreak are given later in this report.

## Isolation Hospital.

Cases admitted to the Isolation Hospital, 1938.

Authority sending in cases	Scarlet Fever	Deaths	Diphtheria	Deaths	Typhoid Fever	Deaths	Other Diseases	Deaths	Total	Deaths
Colchester Borough	62		21		1		25	1	109	1
Essex County Hospital	1	...	2	...	2	...	3	...	8	...
Mental Institutions	29	...	2	...	...	...	6	...	37	...
War Department	21	...	1	...	...	...	2	...	24	...
Wivenhoe U.D.	3	...	2	...	...	...	...	...	5	...
Brightlingsea U.D.	3	...	...	...	...	...	1	...	4	...
Tendring R.D.	10	...	7	...	...	...	12	1	29	1
Lexden and Winstree R.D.	46	...	1	...	...	...	10	...	57	...
Melford R.D.	11	...	1	...	...	...	2	...	14	...
Essex County Council	...	...	...	...	...	...	55	12	55	12
West Mersea U.D.	1	...	...	...	...	...	...	...	1	...
Clacton U.D.	3	...	9	1	...	...	8	...	20	1
Sudbury U.D.	14	...	...	...	...	...	...	...	14	...
Frinton and Walton U.D.	1	...	...	...	...	...	...	...	1	...
Harwich Borough...	2	...	...	...	...	...	21	1	23	1
<b>Total Cases</b>	<b>207</b>	...	<b>46</b>	...	<b>3</b>	...	<b>145</b>	...	<b>401</b>	...
<i>Deaths</i>	...	...	...	1	...	...	15	...	16	...

In the above table the 145 "Other Diseases" may be classified as follows :—

Pulmonary Tuberculosis	51	Suspected Poliomyelitis	...	2
Puerperal Pyrexia	9	Facial Paralysis	...	1
Tonsillitis	10	Whooping Cough and		
Diphtheria Carriers	1	Broncho-pneumonia	...	1
Toxic Rash	2	Cerebro-spinal Fever	...	1
Acute Anterior		Ulcerative Colitis	...	1
Poliomyelitis	48	Incomplete Abortion	...	1
Measles	3	Erysipelas	...	2
No apparent illness	4	Laryngitis	...	1
Acute Rheumatism	1	Enteritis	...	1
Ophthalmia Neonatorum	1	Otorrhœa	...	1
Pemphigus Neonatorum	2	Pneumonia	...	1

This Table shows very well the extensive area served by the Borough Isolation Hospital. Agreements have now been entered into with all the Local District Authorities of North-East Essex and for the first time Harwich appears in the above list.

Under these agreements, speaking in general terms, Colchester has undertaken to receive in the Borough Isolation

Hospital all cases of Infectious Disease from these districts usually treated in Isolation Hospitals.

Provision is of course not made for isolating the patients in a large epidemic of Measles or Whooping Cough, but occasionally seriously ill cases of these diseases are accepted, and patients with serious complications, such as Bronchopneumonia.

At the end of the year all arrangements had been completed for the erection of a new Scarlet Fever Pavilion, and for extending the accommodation of the cubicle block. Both these buildings will greatly assist the work of the Hospital.

Of the 16 deaths that occurred in the Hospital, 12 were Advanced Pulmonary Tuberculosis cases, 3 were severe cases of Anterior Poliomyelitis, and one child died from severe Diphtheria.

The above table also shows the great variety of diseases received and treated to-day in a Fever Hospital. Many of these are due to mistaken diagnosis or to suspected cases proving to have some other and frequently milder illness than that at first thought to be present.

The number of cases admitted to the Hospital was larger than in the previous year—401 as compared with 315 in 1937.

#### **Scarlet Fever.**

##### **BOROUGH CASES—**

Notified, 119 ; not notified, nil	....	119
Nursed at home or in other institutions	....	6
Removed to the Isolation Hospital	....	113
Return Cases	....	2
Deaths at home or in other institutions	....	nil
,, in the Isolation Hospital	....	nil

##### **CASES FROM OUTSIDE DISTRICTS—**

Admitted to the Isolation Hospital	....	94
Deaths in the Isolation Hospital	....	nil

**TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL .... 207**

**TOTAL DEATHS IN THE ISOLATION HOSPITAL .... nil**

They were distributed in the Divisions, Garrison and Institutions, as follows :—

North Div.	South Div.	West Div.	Garrison	Institutions	Total
36	16	16	21	30	= 119

The number of cases of Scarlet Fever admitted to the Hospital during the year was higher both from the Borough and from the outside districts. From the former 119 cases were admitted in 1938 and 72 in 1937. From the latter the figures were 94 and 43.

No deaths occurred from this disease and there were only two return cases, that is under 1%, a very low figure.

Nine cases were admitted that proved not to be suffering from Scarlet Fever. Four of these had no apparent illness, two had simple Tonsillitis, two had Toxic Rashes, and the last Pneumonia.

Four children developed Measles, contracted before their admission to the Hospital.

An unusually large proportion of the cases were from Institutions in the district and from the Garrison.

#### **Diphtheria.**

##### **BOROUGH CASES—**

Notified, 26; not notified, 1	....	....	27
Nursed at home or in other institutions	....	....	2
Removed to the Isolation Hospital	....	....	25
Deaths at home or in other institutions	....	....	1
Deaths in the Isolation Hospital	....	....	nil

##### **CASES FROM OUTSIDE DISTRICTS—**

Admitted to the Isolation Hospital	....	....	21
Deaths in the Isolation Hospital	....	....	1

##### **TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL** .... **46**

##### **TOTAL DEATHS IN THE ISOLATION HOSPITAL** .... **1=2.2%**

The Borough cases occurred in the Divisions and Institutions as follows :—

North Div.	South Div.	West Div.	Garrison	Institutions	Total
17	3	1	—	6	= 27

The total number of cases of Diphtheria notified in the Borough was nearly half the number notified in the previous year—26 as against 51.

The case that was not notified was a child that died in the Essex County Hospital of laryngeal diphtheria. This was the only Colchester death that occurred. The other death was in a child from a neighbouring district, also a case of laryngeal diphtheria. Tracheotomy was immediately performed upon her admission to hospital but she died of heart failure five days later. Several other cases were severely ill, but these all ultimately made good recoveries.

Seven cases were found to be suffering only from simple tonsillitis.

#### Enteric Fever.

##### BOROUGH CASES—

Notified, 3; not notified, nil	....	3
Nursed at home or in other institutions	....	nil
Removed to the Isolation Hospital	....	3
Deaths at home or in other institutions	....	nil
,, in the Isolation Hospital	....	nil

##### CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	....	nil
Deaths in the Isolation Hospital	....	nil

TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL .... 3

TOTAL DEATHS IN THE ISOLATION HOSPITAL .... nil

Three cases of Enteric Fever occurred in the Borough. One, from a private house in the town was a true typhoid case. The other two were both suffering from Paratyphoid B. These two were both admitted from the Essex County Hospital. One had been sent there because of indefinite illness and the other with a diagnosis of gall-stones which were also present.

No cases were sent in from other districts and no deaths occurred from this disease.

#### Pneumonia.

##### TOTAL BOROUGH CASES—

Cases notified, 66; not notified, 26 .... 92

NUMBER OF CASES OCCURRING IN GARRISON OR INSTITUTIONS .... 69

TOTAL NUMBER OF DEATHS .... 57

These 92 cases were distributed in the Divisions and Institutions in the Borough as follows :—

North Div.	South Div.	West Div.	Institutions	Garrison
6	9	8	66	3

New methods of treatment do not yet seem to have reduced the number of deaths from this fatal disease.

The above figures are very much as usual, the only change that occurs in some years is an increase in both the number of cases and the number of deaths when influenza is prevalent.

One child was sent to the Isolation Hospital diagnosed as suspected Scarlet Fever. This case made a good recovery.

#### **Cerebro-spinal Fever.**

##### **BOROUGH CASES—**

Cases notified, 1; not notified, nil	....	....	1
Cases occurring in the Garrison	....	....	nil
Removed to the Isolation Hospital	....	....	1
Nursed at home or in other Institutions	....	....	nil
Number of Deaths	....	....	nil

##### **CASES FROM OUTSIDE DISTRICTS—**

Admitted to the Isolation Hospital	....	....	nil
Deaths in the Isolation Hospital	....	....	nil

**TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL** .... 1

**TOTAL DEATHS IN THE ISOLATION HOSPITAL** .... nil

The one case notified and sent to the Hospital was an imbecile boy from Turner Village. He made a good recovery.

#### **Encephalitis Lethargica.**

One case of Sleepy Sickness died unnotified in Severall's Mental Hospital. The disease had originated several years before death.

#### **Acute Anterior Poliomyelitis (Infantile Paralysis).**

##### **BOROUGH CASES—**

Cases notified, 13; not notified, nil	....	....	13
Removed to the Isolation Hospital	....	....	10
Nursed at home or in other Institutions	....	....	3
Number of Deaths	....	....	1

## CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	....	....	38
Deaths in the Isolation Hospital, 3 ; elsewhere, 4	....	....	7
TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL	....	....	48
TOTAL DEATHS IN THE ISOLATION HOSPITAL, 4 ; ELSEWHERE, 4	....	....	8

During the summer an extensive epidemic of Acute Anterior Poliomyelitis occurred in the Halstead neighbourhood. Two of the early cases in Colchester were children sent into the Essex County Hospital (Colchester) from Halstead, and at that time there were no other cases in the Borough.

As the Halstead epidemic died down the disease appeared in Harwich, and that Borough, during September and October, experienced a short and rapidly spreading epidemic.

So far, with the exception of one severe case in an adult and two milder cases in children, Colchester had completely escaped.

Unfortunately, this was not to continue and cases suddenly appeared in quick succession in November in the Harwich Road Infant School. The spread of the infection from child to child was very obvious and the outbreak was localized to one part of the extensive estate of council houses in that area. The school was closed and every sick child constantly visited and examined, the Health Nurses making repeated calls to try and find possible cases.

A disinfecting ointment was given to be smeared in the nostrils of all contacts as a possible preventive. Whether it was really efficacious or not it is impossible to say. However, before the end of the year the whole epidemic had completely died out.

The 13 cases notified in Colchester consisted of 10 true acute cases, 2 cases sent into the General Hospital from Halstead and 1 case that had been kept at home and no doctor called in until paralysis of the legs developed.

The Colchester child that died was 16 months old and a very severe Toxic case.

Only one Borough case was severely paralysed. This was the married woman already mentioned. She was ultimately

removed to Halstead Isolation Hospital, which had been fully equipped for Orthopædic Treatment, Massage, etc.

The majority of the Colehester cases escaped paralysis almost completely. Two boys are receiving after-care at the Essex County Hospital. All the children are being visited and will be examined at the Orthopædie Clinic to see that no latent paralysis is now causing deformity.

The 38 cases from Outside Districts were sent in from the following areas :—

- 19 from Harwich Borough
- 12 „ Tendring Rural District
- 3 „ Lexden and Winstree Rural District
- 2 „ Clacton-on-Sea Urban District
- 2 „ Long Melford Rural District.

Several of these patients developed paralysis more or less severe. These cases were transferred to Halstead Hospital. Seven patients died. Two were Toxic cases that were almost moribund upon admission, 4 were cases with paralysis of the respiratory muscles and one child died after transfer to Halstead Hospital.

The first case admitted to the Hospital with respiratory failure was kept alive all night by artificial respiration and then with a Drinker Apparatus (Iron Lung), which was obtained from Southend-on-Sea. The relief obtained from this machine was very great and she lived in it comparatively comfortably for 10 weeks. Unfortunately, her general condition was very bad. She was never able to be out of the apparatus for more than a few minutes together and practically no recovery of the respiratory muscles took place, paralysis of the limbs also was extensive. She gradually grew weaker and died after 10 weeks in the machine.

The promptness and kindness shown by the Southend Authorities in lending the Drinker Apparatus without charge was very much appreciated and it greatly alleviated the sufferings and prolonged the life of a desperate case.

The three other children that died from respiratory failure were all sent to one or other of the London Fever Hospitals. Directly any signs of respiratory failure occurred one of the London Fever Hospitals was communicated with by telephone and asked to receive a case for their Drinker Apparatus. When an affirmative reply was received the child was immediately sent off by Ambulance. All these children arrived successfully and all lived for four days or longer but all died within a fortnight.

A brief summary is given below of results in the 51 cases:—

Discharged home cured	....	....	....	20
Receiving after-treatment at the Essex County Hospital				4
"	"	" Cheyne Hospital		
			(London)	1
Transferred to Halstead Hospital	....	....	....	18
Deaths	....	....	....	8

Although the number of cases treated in the Colchester Isolation Hospital is small, certain conclusions were arrived at which appear worthy of record.

1. The earlier Hospital treatment (i.e., complete rest) is instituted, the less the ensuing paralysis.
2. From the earliest signs of failing respiration until some method of artificial respiration becomes essential, there is an interval of about two hours.

#### **Erysipelas, Malaria, Dysentery.**

##### *Erysipelas—*

###### BOROUGH CASES—

Cases notified, 18; not notified, 1	....	....	19
Removed to the Isolation Hospital	....	....	1
Number of Deaths	....	....	3

###### CASES FROM OUTSIDE DISTRICTS—

Admitted to the Isolation Hospital	....	....	1
Deaths in the Isolation Hospital	....	....	nil

**TOTAL CASES ADMITTED TO THE ISOLATION HOSPITAL** .... 2

**TOTAL DEATHS IN THE ISOLATION HOSPITAL** .... nil

Eight of the 19 cases occurred in Institutions.

A rather larger number of cases of Erysipelas occurred than usual. One case died unnotified in the Essex County Hospital and two deaths were ascribed to this disease in elderly patients in Severalls Mental Hospital.

Only two cases were admitted to the Isolation Hospital. One was a soldier from the Garrison with a sharp attack. The other was from a neighbouring district. Both made good recoveries.

Eleven cases of *Malaria* were notified. Ten were soldiers and one a soldier's wife. In all cases the infection was contracted abroad.

*Sonne's Dysentery* probably accounts for the great increase in the number of cases of this disease.

Altogether 74 cases were notified—

Royal Eastern Counties Institution	....	....	47
Severalls Mental Hospital	....	....	22
The Civil Population	....	....	4
The Garrison	....	....	1

The cases at Severalls Hospital were nearly half and half true Dysentery and Sonne's Dysentery. The actual numbers were 9 of the former and 13 of the latter. No information is available about the R.E.C. Institution cases but no doubt a number of these were also Sonne's Dysentery. All the cases in the civil and military population were Sonne's Dysentery.

#### **Measles and Whooping Cough.**

Only 10 cases of *Measles* were notified and no deaths occurred from this disease.

Three cases were admitted to the Isolation Hospital. One was an elderly patient from Severalls Hospital and two were from neighbouring districts. In addition, four children admitted to the Hospital with Scarlet Fever, developed Measles. All these cases made good recoveries.

There was some increase in the number of cases of *Whooping Cough* notified (109). The disease never appeared in epidemic form and no cases were sent into the Isolation Hospital from the Borough, but a child with Whooping Cough and Bronchopneumonia was admitted from another district. This child made a good recovery.

Only one death from Whooping Cough occurred in the Borough.

**Miscellaneous Cases admitted to the Hospital.**

Every year a number of patients are sent into the Isolation Hospital with doubtful diagnoses, that is to say, they are sent in suspected of suffering from an infectious condition. Usually the original diagnosis proves to be correct, but such is not invariably the case.

A patient suspected of having Puerperal Pyrexia was found to be suffering from Ulcerative Colitis. Two children thought to have Infantile Paralysis were found respectively to have Facial Paralysis and Acute Rheumatism.

Another child that was sent in as a doubtful case of Cerebro-spinal Fever proved to have Infantile Paralysis, and a patient with suspected Typhoid Fever proved to have Simple Enteritis.

A number of similar cases have been already mentioned and it should be realized that it is much better that these doubtful cases should be sent to the Hospital than that infectious patients should be kept at home because they may not be suffering from the condition suspected.

**Tuberculosis.**

Age Periods	New Cases				Deaths			
	Pulmonary		Non-Pulmonary		Pulmonary		Non-Pulmonary	
	M.	F.	M.	F.	M.	F.	M.	F.
Under 1	...	...	...	...	...	...	...	...
1	...	...	...	1	...	...	...	1
2-4	...	...	1	2	...	...	1	...
5-9	...	...	7	4	...	...	1	...
10-14	...	...	5	2	...	...	...	1
15-19	3	1	2	...	1	...	...	...
20-24	3	2	1	3	1	2	...	...
25-34	1	9	1	1	5	1	...	1
35-44	2	2	...	...	...	3	1	...
45-54	4	1	...	1	5	2	...	...
55-64	1	2	...	...	1	...	...	...
65 and upwards	...	1	...	...	1	...	...	...
Totals	14	18	17	14	14	8	3	3

The percentages of cases that have died of Tuberculosis during the past five years, without having been previously notified, were—

1934	1935	1936	1937	1938
17%	20%	5.5%	1.6%	21.4%

**Tuberculosis Register.**

		1934	1935	1936	1937	1938
Pulmonary Cases	....	178	166	156	153	158
Other Forms of Tuberculosis		70	60	67	80	93

There is very little change in the number of cases of Tuberculosis.

*Public Health (Prevention of Tuberculosis) Regulations, 1925.*

*Public Health Act, 1925, Section 62.*

„ „ „ 1936, „ 172.

No action was found necessary under any of the above powers.

The increase in the number of other forms of Tuberculosis was again almost exclusively due to slight affections of the cervical glands.

**Treatment of Blind Persons.**

*Public Health Act, 1925, Section 66.*

„ „ „ 1936, „ 176.

No action was required under either of these Sections.

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HEALTH OFFICES,  
TRINITY STREET.





